

Dear Art and Jodi,

3/17/82

Sorry responding took so long. As Jodi will learn if she hasn't, the impossible does take a little longer.

You are both so lucky she survived. Me, I learned about those damned disagreeable things, seat belts, in 1965-6, when they saved me not less than 3 times. I'm never without mine closed except when I ride in the back seat of another's car. As tomorrow, when I go back to Georgetown for my monthly checkup.

From my experience, one of the most important things is to do whatever it takes to make the blood flow, no matter how reluctant it is or how closed and tight its pathways. Doing what I have to do takes the morning six days a week. I'm to walk as much as I can and when the surgeon found out how much was doing he cut me back to 3 miles a day and gave me exercises to do at home. And Jodi, listen: you can do it!

Of course you can't take your head to a mall, like I do, use it and then rest it, but there must be some kind of equivalent. I have progressed where I can almost always walk 1/6 mile before I have to rest. I take a book, sit with the bad leg up, read two pages and walk again. Sometimes I make 1/3 miles and feel great despite the pains.

You'll learn any nones for yourself. And you can adjust to them. I can't get up fast or I can go down from dizziness. I also have impaired circulation to the brain, if not in it. So, when I lie down, I do it in stages, counting 20 and then getting down more until I'm flat. When I get up, even at night and from deep sleep, I do it slowly and I've not fallen yet. Nuisance but worth it, as everything that helps us is. So I hope you are patient. I think the having come so close you may wind up more relaxed. I did after my last emergency, which was a close call, too. But 15 months have passed and I feel fine.

I do hope that the body can repair itself. They do. I was told I'd never have feeling in the left foot. Kinda awkward without it, too. Last winter I could not feel the dinner switch when I had to use it. Now I do.

It is good that you are close to getting on the air and that some ads are coming in.

When you have time, I'd like to hear more, as would Idl, of course.

Delay in responding is courtesy the government. They decided, and correctly, that if they could keep me tied up in court they could prevent my writing. So they do that and I have to spend too much time preparing long and detailed affidavits. Because I contend with the prosecutors I have to be extremely careful about making any mistakes because they'd love to lay a perjury rap on me.

I got two affidavits off to my lawyer last night and before returning to one I had a lay aside to prepare them. I'm trying to catch up on letters I hated not to be able to write promptly.

By and large Idl is well. She's been more than usually tired for a while, and the incredible job she does in converting dirty and illegible copy into neat affidavit typing wears her more. So, we've been going out to eat more and that cuts down on her work. The bad economic situation resulted in drastically reduced restaurant charges around here. We can get a good meal for \$5.00 for the two of us, lunches for less than \$2.00.

We know you are busier than ever, but when you can find a few minutes, please let us know more.

Our love and our hopes,